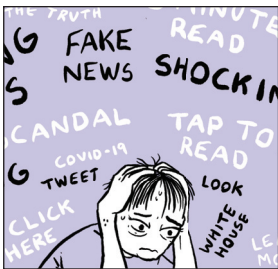




A&E

Black artists laid foundation for today's popular genres

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Opinion

Negative news can lead to lasting damage

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Men's basketball defeats New Mexico 83-71

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Wednesday,  
Jan. 27, 2021

# Spartan Daily

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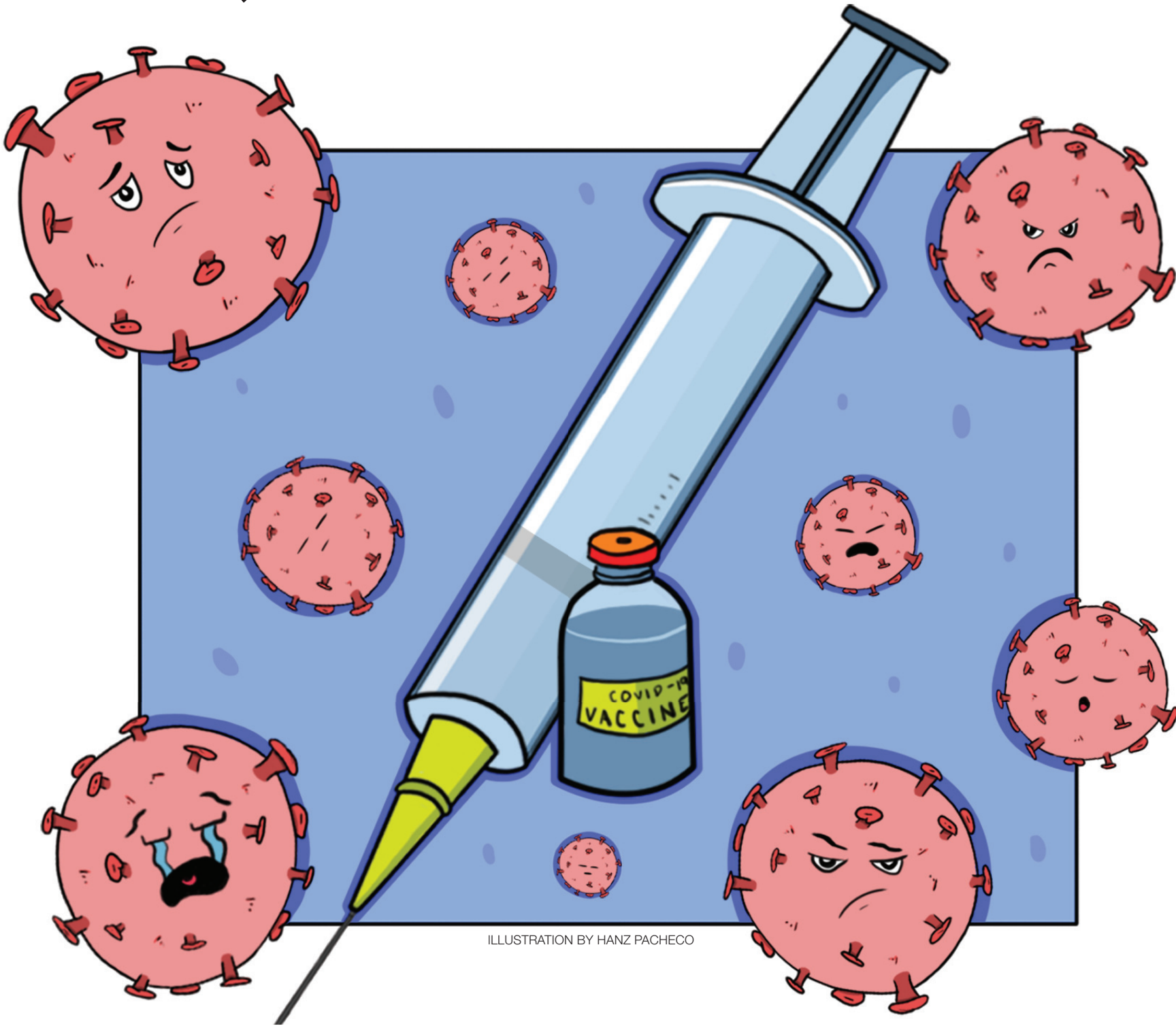


ILLUSTRATION BY HANZ PACHECO

## SJSU community talks vaccine

### Students express mixed opinions about efficacy, safety

By Bryanna Bartlett  
NEWS EDITOR

San Jose State students differ in whether they trust the two coronavirus vaccines, Moderna's COVID-19 vaccine and the Pfizer COVID-19 vaccine. The U.S. Food and Drug Administration (FDA) authorized the emergency use of both vaccines in December to prevent the COVID-19 disease, but the vaccines are not yet FDA-approved, according to the FDA website. Psychology junior Alexandra Yu said there was "no question" in accepting her first dose of the

Moderna COVID-19 vaccine on Jan. 12. Yu was administered the vaccine through her work at Bay Area Behavioral Connection, a mental health service in San Jose that serves autistic kids. Nutrition senior Alejandra Rodriguez was also administered the vaccine through her work as a health care worker on Jan. 12, but she declined to take it. "I don't feel comfortable getting the vaccine because it has not been around for a long time," Rodriguez said over the phone. "We truly don't know the long-term effects it might have in the long run."

**I don't feel comfortable getting the vaccine because it has not been around for a long time.**

**Alejandra Rodriguez**  
Nutrition senior

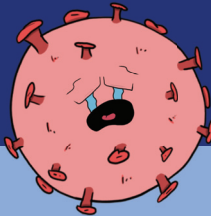
Kinesiology junior Jesse Illoreta said he'll also refuse the vaccine because he's lost family members and friends to COVID-19 disease and

would prefer to wait until more long-term data regarding the COVID-19 vaccines is discovered. "I'm a bit apprehensive," Illoreta said over text. "I'm most concerned about the long term effects [of the vaccine]." Marcelle Dougan, an SJSU health science assistant professor and a director of the Valley Medical Center Foundation (VMCF), said it's important for state and city officials, healthcare providers and community leaders to "be transparent about what we know and what we don't know" about the COVID-19 vaccines.

The VMCF is the official donation collection point for COVID-19 relief in Santa Clara County and has partnered with public institutions including the Santa Clara Valley Medical Center, according to the VMCF website. "People might be wary about taking a vaccine," Dougan said over Zoom. "We don't have long term data, but we know from what we've seen that the vaccine is 95% effective." **What we know about the vaccines** In Moderna's COVID-19 vaccine, the vaccine is 95% effective. **VACCINE** | Page 2

## Hit me with your best shot

### What to know about the Moderna and Pfizer COVID-19 vaccines



Administered in two doses either three weeks or one month apart

The U.S. Food and Drug Administration (FDA) authorized the emergency use of both vaccines in December to prevent the COVID-19 disease, but the vaccines are not yet FDA approved



Proven in clinical trials to be 94-95% effective



### Commonly reported side effects:

- |                     |             |            |
|---------------------|-------------|------------|
| CHILLS              | HEADACHE    | FEVER      |
| INJECTION SITE PAIN | MUSCLE PAIN | FATIGUE    |
|                     |             | JOINT PAIN |



VACCINE

Continued from page 1

19 vaccine clinical trials, approximately 15,400 individuals 18 years or older received at least one dose of the vaccine, according to the FDA Moderna briefing document.

The document stated the vaccine has been shown to prevent



It didn't feel like a normal vaccine because the side effects came on to me really really fast.

Alexandra Yu  
psychology

COVID-19 in the trials following two doses of an intramuscular injection, given one month apart. While the duration of protection against COVID-19 is unknown, the efficacy is 94%.

The Pfizer COVID-19 vaccine is also a two-dose intramuscular injection but is administered three-weeks apart for individuals 16 years or older, according to the Pfizer-BioNTech fact sheet available on the FDA website.

The Pfizer-BioNTech clinical trial retrieved data from 43,448 individuals, half of whom received placebos and half received the BNT162b2 vaccine, showing the vaccine was well tolerated and 95% efficient in preventing COVID-19, according to the Pfizer-BioNTech fact sheet.

Dougan said the clinical trials were very well conducted and showed a low risk of side effects in the vaccines.

Yu said she experienced the common side effects of the Moderna COVID-19 vaccine, including chills, fever, headache, muscle pain, fatigue and severe pain at the injection site for three days.

"It didn't feel like a normal vaccine because the side effects came on to me really really

fast . . . but I knew that just meant [the vaccine] was working," Yu said over the phone.

Other commonly reported symptoms include joint pain, swollen lymphnodes and vomiting, according to the FDA Moderna COVID-19 vaccine webpage.

Yu said she will receive the second dose of the Moderna COVID-19 vaccine on Feb. 11 and according to the FDA Moderna vaccine webpage, more side effects can be expected with the second dose.

The Pfizer vaccine's most commonly reported side effects were similar: pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever, typically lasting several days, according to the FDA Pfizer vaccine webpage.

The webpage stated that more side effects can also be expected with the second dose of Pfizer vaccine.

What we don't know about the vaccines

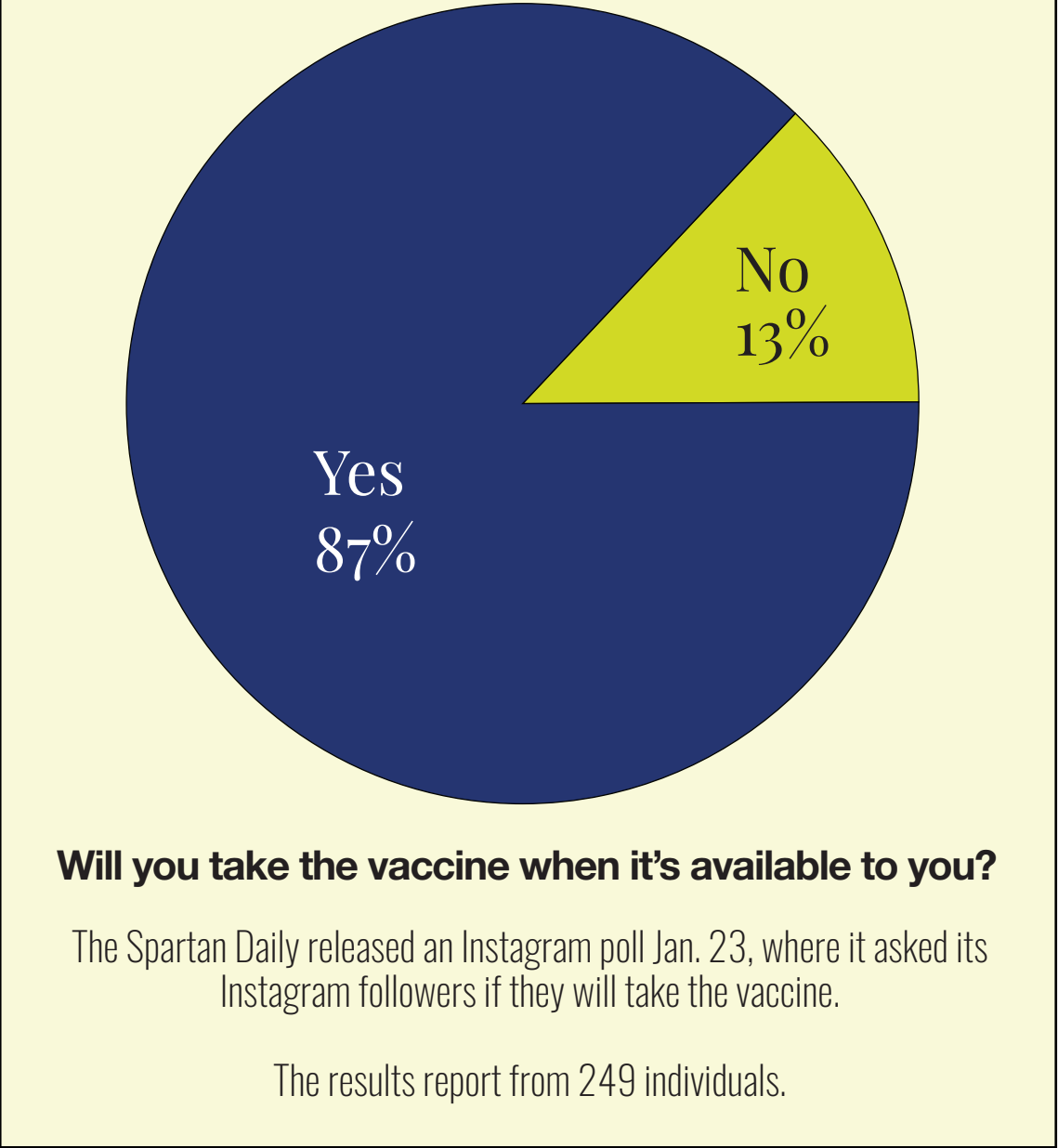
Dougan said the vaccines are not cures.

"We don't know yet whether people can transmit the disease even if they've taken the vaccine, that's one of the concerns," she said. "We only have information for the time period."

While Dougan said she is confident in the effectiveness of vaccines, she added that people must talk with their health care providers about any anxieties or risk factors that might be involved because of any other ongoing health conditions.

"We don't know and because of that, we need to watch this very closely as time goes on so that we can catch adverse effects and things that we may not have seen in the smaller studies," she said, adding that we may see effects from the vaccine in larger population levels.

Dougan said because there's uncertainty, people still have to adhere to public health guidelines after getting vaccinated, which includes wearing masks, washing hands, social distancing six-feet apart, outdoor congregating and following county guidelines.



We just need adequate capacity to produce the vaccines and then also enough places around [Santa Clara County] that we can expand the distribution of the vaccines.

Marcelle Dougan

health science assistant professor  
a director of the Valley Medical Center Foundation

Vaccine distribution

SJSU alumna Jaida Chan, who graduated in Winter 2020 with a bachelor's degree in sociology, was another health care worker who received the Moderna

COVID-19 vaccine in the beginning stage of California's COVID-19 vaccine distribution plan.

"I was kind of nervous to get [the vaccine] just because I didn't know anyone else who had it already," Chan said over the phone.

Chan received the vaccine from her work, Cordilleras Mental Health Center, which is a residential mental health center for adults in Redwood City, on Jan. 12.

Chan said she only felt pain at the injection site and fatigue for 24 hours after she got the vaccine and is scheduled for her second dose on Feb. 9.

"[I] knew the clinical trials were efficient," she said. "I felt lucky to receive the first dose of the vaccine so early in the

distribution process."

Phase one of the California's vaccination plan has three parts, according to the California COVID-19 website.

The California COVID-19 website stated as of Tuesday morning Santa Clara County is still in phase 1A of California's vaccination plan, in which health care workers and long-term care workers are prioritized for vaccinations.

Dougan said the first phase is crucial because it targets the most at-risk populations of catching and spreading the virus in Santa Clara County.

The website also stated that the county is beginning phase 1B of California's vaccination plan, where individuals 65 years old and older, at-risk communities at work in education, childcare, emergency services and food and agriculture, are prioritized vaccinations.

Employees in transportation, industrial, commercial, residential and sheltering

facilities and services will also be prioritized in vaccinating, according to the same website.

The website stated California is prioritizing vaccines for equitable distribution to those who want it, as the state will have enough supplies to vaccinate its population by summer 2021.

"Currently, we have vaccinated less than 10% of the [Santa Clara County] population," Dougan said. "The population in Santa Clara County is two million people."

She said in order for the vaccine to work, Santa Clara County needs to achieve herd immunity by vaccinating a minimum of 70-80% of the county's population.

"So we have a bit of a way to go," Dougan said. "We just need adequate capacity to produce the vaccines and then also enough places around [Santa Clara County] that we can expand the distribution of the vaccines."

Chan said she hopes the people in the future phases of California's vaccination plan feel more comfortable with the idea of receiving the vaccine.

"A lot of my friends said they would get it today if they could," she said.

Dougan said she thinks once people understand what's at stake and what's known, people can make informed decisions about whether they'll take the vaccine.

Follow Bryanna on Twitter!  
@brybartlett

DESIGN BY LINDSAY VILLAMOR

Letter from the Editor

The 2020s have just begun and they have already strikingly defined not only our young adulthood, but our world-view for the rest of our lives. Between the coronavirus pandemic, protests for racial equality, natural disasters associated with climate change and the presidential election, to name only a few historical events, our society has been dramatically reshaped within the last year. Together our world has collectively been uprooted and turned upside down. Now, more than ever, our community needs and deserves to hear the voices of the silenced individuals and suppressed experiences around us. While the chaos that tornados around each person can seem never-ending, one thing unites us all: human connection and empathy. It is with this connection and empathy in mind, the Spartan Daily aims to bring the untold, often difficult personal stories to the surface in an effort to bring us together, rather than further apart.

This Spring 2021 semester, our newspaper will be publishing two special issues in an effort to immortalize this incredible time period: the first, a reflection on one year of online and distance learning and the second, encapsulating the mental health issues that have deeply changed many of us. One moment, decades from now, we hope our readers can look back at our college careers with gratitude knowing just how transformative these years have been.

Erica Lizarrago

Erica Lizarrago  
Executive Editor  
On behalf of the editorial staff



ANALYSIS

# Music’s Black roots often lost

By Felix Oliveros  
A&E EDITOR

Americans are often unaware that many of the most popular music genres in the U.S. were created by Black people long before such genres reached the popularity they’re at today with predominantly white audiences.

Country, rock ’n’ roll and house are among some of the music genres first introduced by the Black community.

Country music’s origins date as far back as the 17th century on slave ships, according to an Aug. 2, 2019 Washington Post article. The article states how Africans were forced to bring instruments to entertain their captors after being kidnapped from their homes. The banjo, an instrument most commonly associated with rural and southern American culture, was derived from the akonting according to the same article.

The akonting came from the Senegambian region in West Africa, home to the Jola ethnic group.

Once country music gained traction in the early 1900s, record labels began to segregate its listeners, according to a Sept. 11, 2019 TIME Magazine article.

The labels did this by separating categories of music created by Black people with the thought that listeners chose musical interests based on race. Record labels deemed country music created by white people as “hillbilly records”, while similar music created by Black people were referred to as “race records.”

Even when there were contributions from Black artists on hillbilly records, many of these artists were not credited for their work or were replaced by white musicians when the song was marketed to the public, according to the same TIME Magazine article.

Another genre that can be credited to the creativity of Black people is house and techno music,



ILLUSTRATION BY BLUE NGUYEN

which resides under the umbrella of EDM.

House music’s origin can be traced back to late 1970s Chicago, where primarily queer Black people held parties as safe spaces for open expression of themselves and their sexualities, according to a June 14, 2018 Billboard article.

The same article mentions how DJs would implement kick drums over soul music samples into uptempo instrumentals that were at the fast tempo of 120-130 beats per minute.

A Complex Magazine article called “A Brief History of House Music” also attributed the basements of 1970s Manhattan upper west side as the genre’s birthplace.

This came shortly after 1969’s Stonewall Riots, a series of demonstrations led by the LGBTQ+ community after police raided a

Country, rock ’n’ roll and house are among some of the music genres first introduced by the Black community.

gay club in the Greenwich Village in NYC.

Rock ’n’ roll also originated from Black artists and more specifically, the blues genre.

Similar to country music, rock ’n’ roll was originally labeled as “race music” due to it being created by Black artists. The genre began slowly growing in popularity in the 1950s among white audiences according to the book “Crossing Over: From Black Rhythm & Blues to White rock & roll” by Reebee Garofalo.

Famously nicknamed the “King of rock ’n’ roll,” Elvis Presley was among many white artists who covered songs originally created by Black musicians.

One of his biggest hits “Hound Dog” was originally conceived by Big Mama Thornton, a Black rhythm and blues singer-songwriter from Alabama.

In addition to being discredited for the widespread popularity

of many kinds of music, Black musicians also lacked agency with their careers.

Black musicians were rarely given the resources to negotiate record contracts, royalty payments, marketing, promotion or career development.

This caused them to be severely underpaid for record sales and publishing.

Garofalo’s book said the new technology of the 1940s assisted in the suppression that held back Black music and musicians from reaching their deserved popularity and monetary gain.

The arrival of 45rpm and 33rpm records required different playback equipment and outdated the 78rpm records that were being used prior.

RPMS, or revolutions per minute, dictated the amount of time that could be played on one side of a record. With the introduction of 33rpm records, listeners could hear entire albums with one record.

The lack of resources and money in the Black community also made it difficult for Black people to pay for the new equipment necessary to listen to these records.

In the genres of country, house, and rock ’n’ roll, many factors played a role in casting Black musicians aside, whether it was ignored history, discredit, or lack of resources.

While it can be said that music is a language for all, and is one of the many glues of American society, it is also important to recognize the Black pioneers of music genres that provide these commonalities between strangers.

The contributions and inventions of Black creatives and artists, who have been marginalized since America’s conception, are deep-rooted in many genres of music and is history that cannot or should not ever be ignored.

Follow Felix on Instagram  
@f3lixthe3rd



## ABOUT

The Spartan Daily serves as San Jose State’s top news source and was named the best student newspaper in the state. New issues are published Tuesday through Thursday during the academic year with the website updated daily.

The Spartan Daily is written and published by San Jose State students as an expression of their First Amendment rights.

Reader feedback may be submitted as letters to the editor or online comments.

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# News overload takes a mental toll



**Laura Fields**  
OPINION EDITOR

As my phone constantly pings with incoming news, anxiety slowly creeps in as I remind myself I need to take a timeout and remember to breathe.

Routinely discussing what’s happening in the world with loved ones has literally made me feel sick to my stomach at times.

In fact, immense media exposure could cause dramatic damage to one’s health, according to a 2020 study published in the academic journal Health Psychology.

It might seem a bit dramatic but the reality is that a flood of news, especially negative news content, is harmful.

Our brain is hardwired to gravitate toward the negative and the news we consume reflects this, according to a May 19 Time Magazine article.

We find ourselves seeking out bad news and guzzling it down, consuming it so we can regurgitate the latest coronavirus death tolls to our family members.

When news coverage is filled with death, the pandemic and political strife, a society so tuned into the news can feel bombarded by negativity that outweighs the good.

A 2013 study conducted by the peer-reviewed journal Proceedings of the National Academy of Sciences of the United States of America analyzed the media coverage of the Boston Marathon bombings.

It showed increased stress levels in participants who consumed “trauma-related” media content.

“Repeated exposure to trauma-related content is likely to reinforce rumination and intrusive thoughts, activate fear circuitry, and perhaps contribute to development of flashbacks,” the study found.

Lately, it seems as if repeated exposure to trauma-related content is a naturally occurring feeling when dealing with everyday news.

Bad news can make you feel overwhelmed at best, like a tide dragging you into an ocean of worry. At worst, it can shorten your life with long-term health effects.

A 2013 study published in the Association for Psychological Science examined the mental and physical health effects of exposure to images

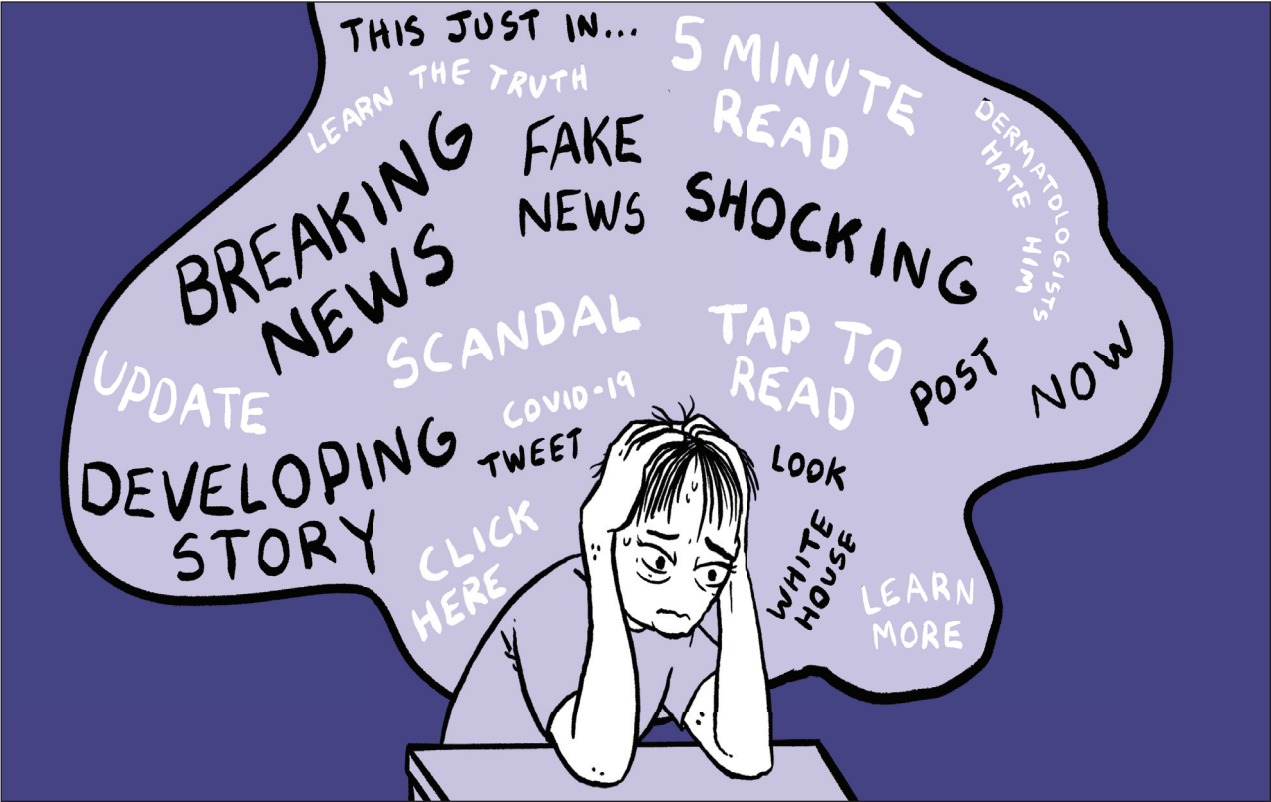


ILLUSTRATION BY NICK YBARRA

## When news coverage is filled with death, the pandemic and political strife, a society so tuned into the news can feel bombarded by negativity

from 9/11.

Media coverage serves its purpose by transporting viewers to a place they could not have otherwise imagined and sharing stories to expand the mind, but at what cost?

News constantly triggers the limbic

system, which controls the behavioral and emotional response, releasing cascades of cortisol, according to an April 13 article in The Guardian.

A constant state of stress can impair digestion, cellular growth and increase nervousness

and susceptibility to infections, according to the article.

**Ways to Combat News Fatigue**

As someone whose health suffers from news fatigue, here are a few ways I manage to cut my body some emotional slack.

I grab my favorite pen and journal to jot down my feelings whenever negative thoughts or feelings of anxiety cloud my head.

Journaling helps me process my emotions as they come and allows me to learn more about myself by keeping records of my thoughts throughout periods of my life.

Taking time to listen to songs while laying in bed also helps me with

news fatigue.

According to a Mayo Clinic stress management article, any form of exercise is a great way to relieve stress through endorphins, even if it’s just a run down the block (while carrying pepper spray if you live downtown).

Exercise can fill you with a sense of accomplishment rather than dread.

And the simplest method to avoid the negative news cycle is to put down the phone to put an end to doom scrolling, even if it’s for only a couple of hours.

Follow Laura on Twitter @swimgirlLaura

## CLASSIFIEDS

### CROSSWORD PUZZLE



ACROSS

- 1. Cheap shots
- 6. Doing nothing
- 10. Participate in games
- 14. More or less
- 15. Anthracite
- 16. Expect and wish
- 17. Acts as an agent
- 19. Former Italian currency
- 20. Record player
- 21. Consumed food
- 22. God of love
- 23. Hindu loincloth
- 25. GMan
- 26. 365 days
- 30. Anus
- 32. Render unnecessary
- 35. Otalgia
- 39. Twist or pull violently
- 40. Array
- 41. Kaffir corn
- 43. Accept as true
- 44. Emissary
- 46. C C C C
- 47. Donkeys
- 50. Backward-looking
- 53. Ancient Peruvian
- 54. Martini ingredient

- 55. Exaggerate
- 60. State of mind
- 61. Flood
- 63. Sea eagle
- 64. Arid
- 65. Move forward suddenly
- 66. Bucks and does
- 67. An old spelling of “True”
- 68. Factions

DOWN

- 1. Taverns
- 2. Foment
- 3. Lasso
- 4. Prickle
- 5. Horse
- 6. Frozen water
- 7. Give
- 8. Framework of strips of wood
- 9. If not
- 10. Showing little emotion
- 11. France’s longest river
- 12. A cook might wear one
- 13. It makes dough rise
- 18. Comes after Mi and Fah
- 24. Mineral rock
- 25. Hearing-related
- 26. Ouches
- 27. River of Spain
- 28. Affirm
- 29. Instigator
- 31. Docile
- 33. Throbs
- 34. Goon
- 36. Algonquian Indian
- 37. Apiary
- 38. X X X X
- 42. Sailor
- 43. Wager
- 45. Incumbency
- 47. Intended
- 48. A loud sleeping sound
- 49. British biscuit
- 51. 16 1/2 feet
- 52. Ellipses
- 54. Essence
- 56. Decorative case
- 57. Peel
- 58. Venician magistrate
- 59. 1 1 1 1
- 62. Not used

### SUDOKU PUZZLE

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

	8		9			7		
		6	8	7		2		3
7							6	
		8	6		3		5	
			7	4	9			
	6		5		8	9		
	3							5
2		7		8	4	6		
		9			5		3	

### SOLUTIONS

Solutions will appear in Tuesday’s paper, Feb. 2, 2021.

### JOKIN’ AROUND

Why did the opera singer go sailing?

They wanted to hit the high Cs.

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# Men’s golf returns amid COVID-19

## Sean Yu 2019-20 stats

Average: 70.43	Birdies: 89
vs Par: -1.14	Eagles: 4
Yu placed first in the Genesis Collegiate Showcase Feb. 10.	



## Bryce Wortman 2019-20 stats

Average: 71.71	Birdies: 89
vs Par: +0.14	Eagles: 2

## Carl Corpus 2019-20 stats

Average: 72.57	Birdies: 68
vs Par: +1.00	Eagles: 5
Corpus placed 6th in the 2019 Southeast Asian Games.	



## Caleb Shetler 2019-20 stats

Average: 72.62	Birdies: 66
vs Par: +1.05	Eagles: 4

# Spartans defeat Lobos 83-71 in St. George, Utah

**By Lexie Shezifi**  
SPORTS EDITOR

San Jose State men’s basketball (3-11, 1-9 MWC) played with a strong offensive effort to secure an 83-71 win in its second game against The University of New Mexico Saturday at Burns Arena in St. George, Utah.

SJSU lost 51-67 Thursday against New Mexico in the first game of the two-game series.

Teams competing in Mountain West Conference play each other two times back-to-back in the same location to minimize travel amid the coronavirus pandemic, according to SJSU’s season schedule.

This was the Spartans’ first Mountain West win of the season and the first double-digit conference win under head basketball coach Jean Prioleau, who became head coach of men’s basketball in August of 2017.

“I want our guys to understand the value that they are able to bring to the game,” Prioleau said in a video posted on the SJSU men’s basketball Twitter account. “And really take ownership of how good they really are. Now [they] are starting to believe [they] can make shots.”

SJSU played without its scoring leader Richard Washington, who is averaging 20.7 points per game this season.

Washington did not

play due to a head injury he received in the first game against New Mexico Thursday.

“We had a group of guys that bonded together,” Prioleau said. “We’ve been dealing with a lot of adversity and our guys came together.”

Despite missing Washington’s offensive boost, SJSU had five players who scored at least 14 points each.

Ralph Agee, Sebastian Mendoza, Trey Smith and Jalen Dalcourt all finished with 16 points each and helped the Spartans reach their first Mountain West win of the season.

Mendoza went 4 for 4 on three point shots and his 16 points were a career best for the freshman.

Guard Omari Moore scored only 14 points in comparison, however he secured 10 rebounds and ended the game with 5 assists and 3 steals.

Moore went 7 of 9 from the field and maintained a 77.8 shooting percentage to provide a consistent boost to the Spartans’ offense.

The game was back-and-forth in the first half with New Mexico barely coming out on top with 35-33 heading into halftime.

Dalcourt gave the Spartans an offensive boost with a 3-point shot early into the second half.

The second half of the game saw three lead changes until SJSU went on a 6-0 run with just



PHOTO BY CARLOS RAMIREZ, UNM ATHLETICS

SJSU guard Jalen Dalcourt (2) finished Saturday’s game with 16 points, 3 assists and a season-high 6 rebounds.

“

I want our guys to understand the value that they are able to bring to the game and really take ownership of how good they really are.

Jean Prioleau  
head coach

over 15 minutes left in the game.

The Lobos came within one point of tying the score with nine minutes left, but the Spartans went on another 6-0 scoring run to pull away and keep their lead.

Turnovers were a large factor in Saturday’s win for SJSU as the Spartans managed to end with only 7 turnovers compared to the Lobos’ 15.

SJSU was able to take those 15 turnovers and capitalize on them,

turning them into an extra 18 points.

The Spartans also had a respectable shooting performance with 46.15% shooting from 3-point range on 6 of 13 shooting in the first half.

An area where SJSU

struggled was free throw shooting, which has been the case throughout this season.

The Spartans shot 47.8% from the line on 11 of 23 shots, which is below the teams 64% average this season.

SJSU will look for another win as it heads to Phoenix to play Air Force in a two game series beginning Thursday.

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